

Full Report (All Nutrients) 16065, Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork

Report Date:September 25, 2015 01:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 240g
Proximates					
Water	g	77.59	34	0.282	186.22
Energy	kcal	83	--	--	199
Energy	kJ	347	--	--	833
Protein	g	2.74	34	0.048	6.58
Total lipid (fat)	g	1.60	34	0.065	3.84
Ash	g	1.54	34	0.043	3.70
Carbohydrate, by difference	g	16.53	--	--	39.67
Fiber, total dietary	g	3.3	--	--	7.9
Minerals					
Calcium, Ca	mg	17	33	0.845	41
Iron, Fe	mg	1.42	33	0.035	3.41
Magnesium, Mg	mg	43	30	0.570	103
Phosphorus, P	mg	96	30	2.308	230
Potassium, K	mg	178	31	5.712	427
Sodium, Na	mg	350	33	12.206	840
Zinc, Zn	mg	1.04	30	0.034	2.50
Copper, Cu	mg	0.170	30	0.007	0.408
Manganese, Mn	mg	0.392	30	0.021	0.941
Selenium, Se	µg	2.3	--	--	5.5
Vitamins					
Vitamin C, total ascorbic acid	mg	0.2	30	0.060	0.5
Thiamin	mg	0.063	34	0.004	0.151
Riboflavin	mg	0.050	34	0.002	0.120

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 240g
Niacin	mg	0.431	34	0.014	1.034
Pantothenic acid	mg	0.191	--	--	0.458
Vitamin B-6	mg	0.045	--	--	0.108
Folate, total	µg	51	--	--	122
Folic acid	µg	0	--	--	0
Folate, food	µg	51	--	--	122
Folate, DFE	µg	51	--	--	122
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	30	0.000	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	30	0.000	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.605	--	--	1.452
10:0	g	0.001	--	--	0.002
12:0	g	0.003	--	--	0.007
14:0	g	0.020	--	--	0.048
16:0	g	0.374	--	--	0.898
18:0	g	0.201	--	--	0.482
Fatty acids, total monounsaturated	g	0.656	--	--	1.574
16:1 undifferentiated	g	0.039	--	--	0.094
18:1 undifferentiated	g	0.603	--	--	1.447
20:1	g	0.015	--	--	0.036
Fatty acids, total polyunsaturated	g	0.229	--	--	0.550
18:2 undifferentiated	g	0.190	--	--	0.456
18:3 undifferentiated	g	0.039	--	--	0.094
Cholesterol	mg	7	--	--	17
Amino Acids					
Tryptophan	g	0.034	--	--	0.082
Threonine	g	0.104	--	--	0.250
Isoleucine	g	0.112	--	--	0.269
Leucine	g	0.210	--	--	0.504

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Lysine	g	0.186	--	--	0.446
Methionine	g	0.039	--	--	0.094
Cystine	g	0.030	--	--	0.072
Phenylalanine	g	0.160	--	--	0.384
Tyrosine	g	0.089	--	--	0.214
Valine	g	0.131	--	--	0.314
Arginine	g	0.190	--	--	0.456
Histidine	g	0.085	--	--	0.204
Alanine	g	0.125	--	--	0.300
Aspartic acid	g	0.331	--	--	0.794
Glutamic acid	g	0.519	--	--	1.246
Glycine	g	0.113	--	--	0.271
Proline	g	0.123	--	--	0.295
Serine	g	0.137	--	--	0.329

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1286 1600 LEGUMES AND LEGUME PRODUCTS (USDA SR)
- B1200 COWPEA
- C0133 SEED, SKIN PRESENT, GERM PRESENT
- E0110 SEMILIQUID WITH SOLID PIECES
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0191 MEAT ADDED
- H0259 REHYDRATED
- H0367 SALT ADDED
- J0123 STERILIZED BY HEAT
- K0017 PACKED IN WATER
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0052 RIPE OR MATURE